

June 10th and 11th 2009 Newsletter

Berries on Bryan Station CSA Farm: "Good Food for Good Eatin"

Welcome to your fourth basket pickup!

Strawberries

This is our third week for these awesome berries! We will have these tasty jewels for at least another week, so enjoy them!

Members are again allowed to pick one extra quart this week during your pickup days.

Herbs

This week your choice of herbs includes borage, English thyme, swiss mint, basil, rosemary, sage, dill, oregano, and lemon balm.

Greens

One of your two bags contains a mix of collards, kale, mustard, and ovation greens for sautéing. Simply rinse them and sautee them in olive oil.

Salad Mix

Your second bag contains a mixture of leaf lettuce, baby romaine, spinach and arugula for salads. The blooms on the arugula are edible. We are harvesting lettuce from the front field and you'll notice a crispy texture and some tasty nuance flavors.

Spring Onions

These have "round" leaves and are bluer than the Spring garlic leaves. Use as you would use white onions normally, sautéing with other vegetables.

CHOICE TABLE

This week you have a choice of one of three items from the choice table: **rhubarb or radishes or sweet edible pod peas.**

Around the Farm

- We appreciate volunteers! Thanks again to Bekki Woloch, Jo Stone, Annette Fischer, Allison Buckley and Wendy Pace and family for helping out. Let us know if you would like to volunteer planting or picking. We also hire many member's teenagers to help with planting!
- Thanks again to workers Jade Maner, Stephanie, Leslie Maner, Bill Pence, Andrew Pace, Owen Pace, Joseph Pace, Austin, Sarah, David, Natalia, Natasha and Zachary Cassidy for helping with planting. We have had a

major push to get as much planted as early in the season as possible. With our new field next to the road and the black plastic rows as close together as possible, you will be in for a real treat of loads of good things as the season progresses.

- Thanks to Annette Fischer for donating a red currant bush and for today's recipe.
- We managed to get our tractor unstuck from the mud twice. We have been blessed with lots of rain! Our irrigation system has been used a lot as well in between storms.
- Grass and weeds are gaining on us especially in the raspberry plantings. There is one nasty patch of thistle weeds. We will tackle the weeds as soon as all of the seed is in the ground.
- Please send me one of your favorite recipes so that I can put it in next week's newsletter and share it with our members!
- One of our members, Andrei Shliakhau, is a very talented and creative photographer. Some of his work is on display during basket pickup times. His art is available for purchasing, so please bring your wallet with you. We like to encourage entrepreneurs among us! I would like to buy his entire collection since the photos are so beautiful! The cards are great for all occasions! Andrei can be reached at Andrei.photography@gmail.com for custom matting and framing of nature and portrait photography.
- Fresh, natural, range fed chicken eggs will be available at an extra cost next week from two Eubank, Kentucky farms near Somerset. Bill Pence, one of our workers, will pick up the eggs and deliver them here for pickup days. One of the farms is Joyce Pence, Bill's aunt, who has a two acre mini chicken farm. The second farm is Jerry Smiley Farms that has about 80 hens and 70 roosters on 78 acres.

Go forth and be healthy! We'll see you next week!

Erik Walles & Family (Gayle, Brett & Grant)

Berries on Bryan Station Farm

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RECIPES

Annette's Light Cake Covered With Strawberries

This is a light and fluffy cake that is covered with strawberries and a glaze that is delightful. Since it is a German recipe it is in metric units. I apologize for not converting it for you, but I ran out of time.

Ingredients:

Two eggs, separated

100 grams of sugar divided into 66 grams(for egg yellow/yolk) and 34 grams(for egg whites)

- 1) Do egg whites and 34 grams of sugar first with the beater. Beat until fluffy so can still see knife cut. Set aside.
- 2) Beat two egg yolks and two tablespoons of hot water, 66 grams of sugar, and one package of Oetgers vanilla sugar(from Fresh Market or Meijers). Beat it so it gets light yellow. Should not taste crunchy(sugar must be dissolved).
- 3) Pour egg whites mixture from 1) over egg yolks mixture from 2).
- 4) Sift 100 grams of flour with one teaspoon of baking powder(mix with a spoon in a bowl). Put it into a sifter and sift it over the mixture from 3). Just use the beater to fold it under. Pour it into a Springform pan that has butter with fine bread crumbs on it. Bake it for 20 to 30 minutes at 375 F. Do not open the oven door or the cake will collapse! Cool it down. Sprinkle sugar on a platter so it does not stick and transfer the cake to it.
- 5) Put strawberries on top of the cake. Cut large berries in half and leave small ones whole, setting them upright on their ends. Make sure that the berries are dry before placing them on the cake.
- 6) Place ¼ liter of cold water and one package of "Tortenguss" from Lucullus(from Liquor Barn or Meijer's) in a bowl and boil until it bubbles. Pour this glaze slowly over the entire strawberries. Let it cool down.
- 7) Beat whipped cream with a package of vanilla sugar and two to three tablespoons of regular sugar. Eat and enjoy!